



MAYNARD COUNCIL ON AGING & SENIOR CENTER
50 BROWN ST., MAYNARD, MA 01754 • 978-897-1009

OCTOBER 2019



Enjoying the Rhode Island Lighthouse Cruise

The View from Here

Zachary St. John's Eagle Scout Service Project involved distributing the File of Life, the Maynard Police Department's Emergency Database form and an information sheet about the File of Life at the Maynard Farmers Market on September 21 as well as at Friday night bingo at St. Bridget's church on September 20. Members of Troop 130 assisted Zachary with the distribution. Zachary's goal was to help Maynard seniors become safer by encouraging the use of these resources. Thanks so much Zachary & Troop 130! (For more information about the Emergency Database Form see <https://maynardpolice.com/services/senior-citizen-emergency-program/> or contact the Council on Aging to have a form mailed to you).



Back row, L-R: Ethan Lucier, Thomas Babaian, Alonso Moreno and Zachary St. John
Front row, L-R: James Carver and Luke Hillstrom

Many thanks to Robin Putnam from the Massachusetts Office of Consumer Affairs and Business Regulation for her presentation on Consumer Shopping Rights. In addition we received updates on the latest scamming and identity theft techniques and trends – I put several of Robin's recommendations into practice immediately! Please take a look the OCABR's website at: <https://www.mass.gov/orgs/office-of-consumer-affairs-and-business-regulation> for a wealth of important information and resources.

The Fox Tours trip to the Rhode Island Lighthouses was a great success and the New Hampshire Turkey Train trip is ready to depart the station. A trip to the Boston Pops is around the corner – sign up now to secure a spot!

~ **Amy Loveless**

Director, Maynard Council on Aging & Senior Center

Picking Up the Pace

Despite a few bursts, summer-time for Town Hall was slower than the other seasons of the year. But now that the fall is upon us, the pace of the town is really revving up.

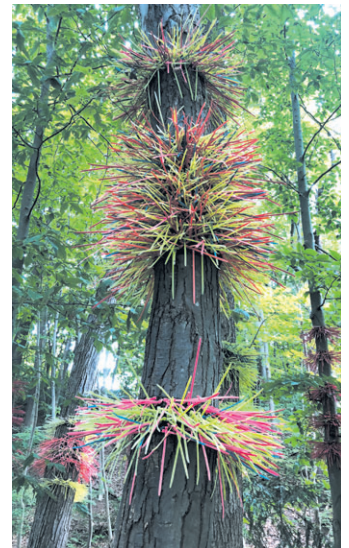
State delegates and town officials were just invited to celebrate the ground breaking for the construction of a Market Basket grocery store within the site known as Maynard Crossing at 129 Park Street. This occasion marked an exciting new chapter for the entire town, and I look forward to continuing to partner with the developers and the Market Basket team in the future as construction plans are submitted and reviewed.

I hope everyone is as excited for Maynard Fest on October 5th as I am. The event is managed by the Assabet Valley Chamber of Commerce. Its sure to be a tremendous gathering of the community, its neighbors and institutions, set within the beauty of New England autumn.

The festivities will continue, but get a little spooky later in the month, with the Assabet Valley Chamber of Commerce's Downtown Trick or Treat on October 24th. At the same time, be sure to check out the front lawn of Town Hall to see how we get into the spirit of Halloween with jack-o-lanterns submitted by the community for display and judging.

Please be sure to set aside October 28th to participate in the Special Town Meeting starting at 7:00pm in the auditorium at Fowler Middle School. To see the warrant to be voted on, go to the meeting's webpage on town's website (www.townofmaynard-ma.gov) and choose "Government" then "Town Meeting".

Lastly, a few recognitions: Jerry Beck just started as the new Executive Director of ArtSpace Maynard and has an exciting vision for the institution. The Maynard Elks are celebrating their 90th anniversary and just as many years of providing comradery and community resources for neighbors within and surrounding Maynard. Lastly, Rebecca Lynch is moving on from her position as Executive Director of the Boys and Girls Club of Assabet Valley.



Remember from last month's New Generation that I said I would include pictures of unique aspects of Maynard from time to time? Do you know where to find this months?

Sincerely,

Greg Johnson

Town Administrator | gjohnson@townofmaynard.net

Council On Aging Board Meetings

The Council on Aging Board meetings are held the 3rd Tuesday of the month at 10:30 a.m. (October 15). **Please call for new location.** This meeting is an open meeting – come one and come all! It's a great opportunity to hear what's currently happening at the Senior Center and what's on the horizon.

Highlights of Upcoming Events

October & November Luncheons

will be held at the Maynard Lodge of Elks, 34 Powdermill Road, Maynard

October Luncheon

WITH SPECIAL ENTERTAINMENT

Thursday, October 10 • Noon

Chicken Cordon Bleu, Baked Potatoes

Vegetable, Salad & Rolls, Dessert

\$8.00 Pay at the door

Deadline to sign up is October 2nd by noon

Please remember to sign up for the luncheon by the date listed above ~ we need to give the caterer a count. If you need to cancel please do so by the dates listed above.

November Luncheon

Thursday, November 14 • Noon

Ham with Raisin Sauce, Au Gratin Potatoes

Salad & Vegetable, Rolls & Dessert

\$8.00 Pay at the door

Deadline to sign up is November 6 by noon

Lunch with Live Music

at St. John, Sudbury

Tuesday, October 8 • Noon - 2 p.m.

Come for a hot lunch, with live music provided by Tony Funches, the former lead singer of The Platters. The luncheon will be held on Tuesday, October 8, at St. John Lutheran Church in Sudbury. Our menu will feature roast pork with gravy, mashed potato, peas, and applesauce. St. John Lutheran Church was founded in Maynard in 1894, but eventually outgrew its original building on Glendale Street. Although the church is now located in Sudbury, many St. John members live in Maynard. A suggested donation of \$8 is asked. To sign up, call the church office at 978-443-8350 before Tuesday, September 30. St. John is located at 16 Great Road in Sudbury.

**The COA will be closed on
October 14 (Columbus Day)
and November 11 (Veterans Day)**

It's Time for Your Medicare Check Up!

Thursday, October 24 • 11:00 a.m.

Medicare Open Enrollment begins October 15th and ends December 7th. Is your Medicare Plan still right for you? Prior to Open Enrollment you will receive an Annual Notice of Change from your current health plan. Minuteman Senior Services is sponsoring a free Medicare benefits presentation. Learn about healthcare options and important changes to Medicare, the newly launched Medicare plan finder, how to obtain affordable coverage and public benefits, access to affordable prescription benefits and more.

Shopping Trip

Monday, October 21st • 9:30 a.m.

This trip takes us to Christmas Tree Shop and A.C. Moore craft store. Get out of the house and have fun with friends! Enjoy browsing or stock-up on your crafting supplies. Following our shopping we will stop for lunch. Trip cost: \$3.00. Cost of lunch is up to the individual. Limit: 12.

Foliage Mystery Tour

Wednesdays, October 23rd & 30th • 9:30 a.m.

It's that time of year again when Mark takes us to secret locations to view peak fall foliage. Join your friends on this scenic drive, followed by lunch at a surprise restaurant. Pick-ups start at 9:30 a.m. Cost of trip is \$3.00. Cost of lunch is up to the individual. Limit: 12

SEASONAL FLU CLINIC For Maynard Senior Residents

Tuesday – October 29th • 10:30am – 11:30am

Council on Aging at Maynard Golf Course

Vaccines are FREE!

Please be sure to bring your insurance card with you to the clinic.

Note: We DO NOT offer High-Dose Vaccines

Clinics staffed by Emerson Hospital Home Care

November and December will be a double newsletter in mailboxes November 8.

"Political ISMS" Group Exhibition Featuring The Works Of May DeViney & Barbara Fletcher

October 16th to November 23rd

Opening Reception: Saturday, October 19th from 5 – 7 p.m.

"Mini" ArtSpace Artists' Open Studios: Saturday, October 19th from 4 – 6 p.m.

Political ISMS is a noun meaning an ideological movement typically political or artistic. In our modern world there are a lot of isms at play. Think of any noun and add "ism" to it. Presto – a new ideological or artistic movement is in action. Everyone has a favorite ism; what's yours? Artists May DeViney and Barbara Fletcher bring together different isms, meeting in the middle using humor, color, technique and intension. DeViney's work highlights the continuity of social customs, traditions and religious credos that combine to constrain individuals within traditional unbending roles. They become acid portrayals of oppression and forbearance, combined with gallows and slapstick humor. Her working class, union, Midwestern background fostered contrasts that are reflected in her work, including an ornery iconoclasm, but mindful of warmth, humanism and family connections. Fletcher has traveled to a number of third world countries over the years which opened her eyes to conditions in the world but it would take a number of years for her art and activism to merge. She became an observer of nature and the nature of the human condition and her work has focused mainly on environmental concerns. Ironically, she sometimes uses animals to express her isms. Her art has become a cathartic experience for her and hopefully gives some playful awareness and insight to her audience.

Gallery hours are Wednesdays-Saturdays, 11 a.m. to 3 p.m.



**The ArtSpace Gallery is located at
63 Summer Street in Maynard and is free to
the public and is wheelchair accessible.**

**For more information, please call
(978) 897-9828**

**or go to www.artspacemaynard.com
and like us on Facebook.**

Come join the art scene in Maynard!



6 Bridges Gallery

FINE ART AND CRAFT

Gifts • Jewelry • Fiber • Cards • Photography
Ceramics • And More

re•collections

Ceramic sculptures by
Mary Morazzi Henderson



October 8 – November 16, 2019
Reception: October 19, 6:00–9:00 pm

77 Main Street, Maynard
6BridgesGallery.com • 978.897.3825

The Maynard COA & Senior Center Presents!
The 2019 Holiday Boston Pops

December 13, 2019

10:30 AM Depart from the Maynard Elks, 34 Powder Mill Road and join us for a dazzling, engaging performance by America's Orchestra and relish the elegance of historic Symphony Hall. Join the Boston Pops and the renowned Keith Lockhart in 2019 for a singularly sensational day of memorable music, so great that it 'Pops!' You'll first enjoy a delicious, full course luncheon at the Danversport Yacht Club. Then you'll drive along Boston Common to view the beautiful



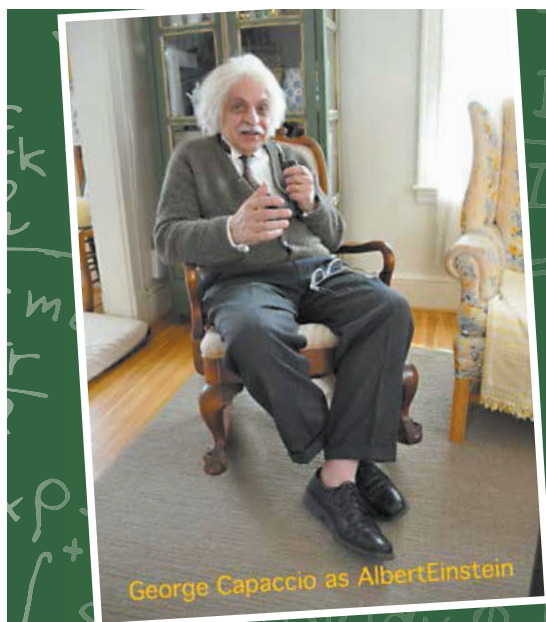
Christmas lights display before arriving at Symphony Hall where Keith Lockhart will be conducting the 4:00 PM matinee performance and Santa will be appearing as well! Enjoy the show from your First Balcony seats. You'll arrive home at approximately 7:00 PM after a great and memorable time with the Pops.

TOUR INCLUDES:

- Reserved First Balcony Seats: 4:00 PM Show • Delicious Luncheon at Danversport Yacht Club
(Choose Entrée: ____Chicken Parmigian ____Baked Haddock)
- Boston Common Sightseeing Tour • Luxury Silver Fox CD/DVD/WiFi Motor Coach

TOUR COST: \$140.00 Per Person • Please Contact: The Maynard COA @ 978.897.1009

A MUST-SEE PRESENTATION!



George Capaccio as Albert Einstein

Albert Einstein

as played by
George Capaccio!

Life Care Center of Acton is pleased to present
"Albert Einstein - Part 2." with
impressionist George Capaccio who will teach
us about the life and accomplishments of one
of the greatest minds of all time - Albert Einstein!

Wed., Nov. 6 • 1 - 2 p.m.

.Maynard Public Library
77 Nason Street • Maynard

RSVP to the Maynard COA at 978-897-1009.



Sponsored by Life Care Center of Acton • 1 Great Road • Acton, MA 01720
(978) 263-9101 • LifeCareCenterofActon.com



Discover your family history @ your library

Starting Your Genealogy with Ancestry Library Edition

Tuesday, October 29th • 7pm

Roosevelt Room, Maynard Public Library

Learn search tips and techniques to view the incredible collection of content available on the web's best resource for genealogy. This e-resource is always available free at the library!

(While not mandatory, feel free to bring a laptop to follow along with)

Please register at the library's Reference Desk or online at www.maynardpubliclibrary.org



Glenwood Cemetery Tour

Saturday, October 19 • 2 pm

Join Maynard's historian Paul Boothroyd for a tour of the Glenwood Cemetery and enjoy the fall foliage (rain date - Saturday, October 26). Meet at the Amory Maynard tomb.

Glenwood Cemetery is a historic rural cemetery northeast of Parker Street and Great Road in Maynard, Massachusetts. It is one of the first municipal creations of the town after its incorporation in 1871 and is the resting place of many of its early and prominent residents, including Amory Maynard, founder of the Assabet Woolen Mill and namesake of the community.

Sponsored by the Friends of the Maynard Library

Celebrate the 50th Anniversary of WOODSTOCK

at the Maynard Library • Saturday, Oct 26

2-3:30pm

Presentation and book signing
by John Kane, author of
Pilgrims of Woodstock

3:30-4:30

Music by Maynard's own
Workingman's Band

All Month

Photography Show by
Herb Greene, famed 60's
rock photographer

The Randall Library Friends present their Adventures in Food and Travel Series Feasting from a Paris Café

Wednesday, October 9 • 7:00 pm • Stow Community Center, 509 Great Road, Stow



From the heart of Paris come the full flavors of the neighborhood café. Satisfy your curiosity about the simple fare that Parisians eat as you enjoy a cooking demonstration and tasting of 2 delicious recipes.

Presented by Liz Barbour of Creative Feast.

Free and open to the public; please register at the
Randall Library at 978-897-8572 or at
www.stow-ma.gov/recreation-department/pages/recreation

Brought to you by the Randall Library Friends
Irwin Memorial Fund and co-sponsored by the
Town of Stow Recreation Department

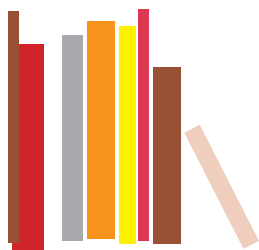
Learn more about this series at
www.stow-ma.gov/randall-library

Fall Used Book Sale!

Maynard Public Library • 77 Nason St

Sat, Oct 5, 10:00 - 4:00

Sun. Oct 6, 12:00 - 3:00



Thousands of books for kids, teens and adults! Shop for fiction, romance, mysteries, science fiction, classics, biographies, cookbooks, self-help, travel, histories, gardening and more. Most books are \$2 or less!

Want to shop before the sale? Join the Friends at www.maynardpubliclibrary.org/join-friends for an invitation!

Sponsored by the Friends Of The Maynard Library

Christopher Castellani Leading Men

Thursday, October 24 • 7 pm

Maynard Public Library • 77 Nason St



Open to all Light refreshments
Books supplied by Porter Square Bookstore

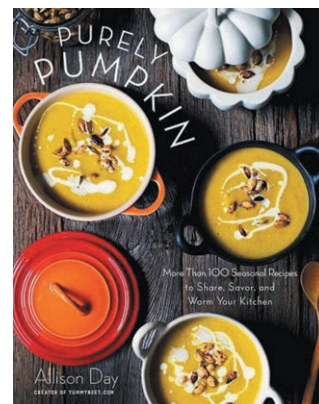
October Cookbook Club

Monday, October 21 • 12:00 Noon

In October, we'll get seasonal and cook sweet and savory dishes from Allison Day's book *Purely Pumpkin*.

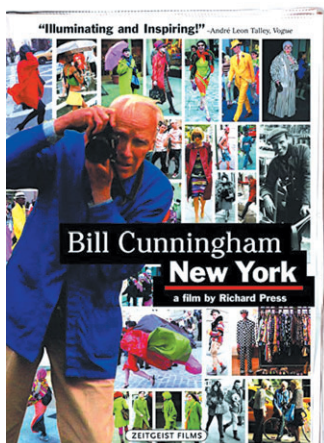
Borrow a cookbook at the Circulation Desk, select a recipe, shop at Farmers' Market and prepare your dish for the potluck lunch on the 21st.

Drinks and place settings provided. Sponsored by the Friends of the Maynard Library.



Maynard Public Library Powerful Photographers Film Series

Explore the fascinating stories of these influential photographers that have transformed the field of photography. Light refreshments provided.



Tues, Oct 15 @ 7pm



Tues, Nov 19 @ 7pm



Tues, Dec 17 @ 6:30pm

October & November Events

October Movies

The Upside

Wednesday, October 9th • 11:00 a.m.

Inspired by a true story, *The Upside* is a heartfelt comedy/drama about a recently paroled ex-convict, played by Kevin Hart, who strikes up an unusual and unlikely friendship with a paralyzed billionaire, played by Bryan Cranston. Rated PG13. Pizza will be available to purchase for lunch. Popcorn, drinks, and dessert will be provided.

On the Basis of Sex

Thursday, October 31st • 11:00 a.m.

This film tells an inspiring and spirited true story of young lawyer Ruth Bader Ginsburg, her struggles for equal rights, and the early cases of a historic career that lead to her nomination and confirmation as U.S. Supreme Court Justice. This feature premiered in 2018 in line with Justice Ginsburg's 25th anniversary on the Supreme Court. Rated PG13. Hot dogs will be available to purchase for lunch. Popcorn, drinks, and dessert will be provided.

Line Dancing!

Tuesdays • 9:30-10:30 a.m.

Come join us and see for yourself why so many already love this wonderful activity. With the fun it brings and its widespread cognitive, physical, and social benefits, your mind, body, and spirit will be so glad you did! As each dance uses foot patterns only, beginner dances can be learned within minutes. We'll groove to several dances each class and enjoy a large variety of uplifting music. Give it a try and join this welcoming community of music and movement!

Nashoba Nursing Service & Hospice Presents: Introduction to Reiki

Thursday, November 7

Presentation at 12:30 • Light lunch at 12:00

Learn the benefits and basic techniques of Reiki. Reiki is a powerful, safe and effective healing technique that can be used for stress and pain reduction, relaxation, and also promotes healing. Reiki is used in hospitals during an illness, after injuries and for pain management. If time permits, Reiki will be performed on those attending, that request the experience.

**SIGN-UPS ARE REQUIRED FOR
ALL PROGRAMS • Limit: 25**

FRIDAY SERIES

10 That Changed America

Fridays, October 11th, 18th and 25th • 11:30 a.m.

Please join us for this wonderful PBS series which looks at the homes, parks, and towns that have influenced the way Americans have lived, played, and worked, from architecture, urban planning and design perspectives.

In *10 Homes that Changed America*, host Geoffrey Baer will bring viewers from iconic homes like Frank Lloyd Wright's Fallingwater and Thomas Jefferson's Monticello, to groundbreaking types of dwellings like the pueblos of Taos, New Mexico, and the tenements of 19th century New York.

In *10 Parks that Changed America*, you'll visit not only places like Central Park and the High Line, but the squares of Savannah, Georgia and Freeway Park in Seattle, built over an interstate highway to show the story of innovation in landscape design in America.

In *10 Towns that Changed America* will explore places built from the ground up by visionary planners and ordinary citizens who sought to change the lives of residents using architecture, design, and urban planning.

Kingdoms of the Sky

Fridays, November 1st, 8th, and 15th • 11:30 a.m.

This landmark, three-part series reveals the extraordinary animals and remarkable people who make a home on the iconic mountain ranges of the world. Breathtaking photography takes viewers through three scenic, episodic voyages across the Himalayas, Rockies and Andes.

The Himalaya is the highest mountain range on earth. Here, the air is the thinnest, the wind is the strongest, and the storms are the fiercest.

The Rockies are the great temperate mountain range of the world, and the weather here can change on a dime. Timing is everything, and to thrive here, both animals and people must understand these wild mountains and pick their moment.

There are dozens of hidden worlds in the Andes, from the driest desert in the world to cloud forests teeming with life, and from the flattest place on Earth to vertical peaks towering over twenty thousand feet.

CALENDAR

Z-GOLD TONING - MONDAYS - 9:00 a.m.

Rita's classes contain exercise with balls, weights and bands, standing or sitting for total body conditioning. Increase strength, range of movement, flexibility, balance and coordination. Format for this class allows you to participate at your own pace & ability.

TAI CHI - MONDAYS - 12:30 p.m.

STRETCH & FLEX - MONDAYS - 10:30 a.m.

Increase both strength and flexibility while connecting breath to movement. Start with gentle stretches, moving to your feet with warm up exercises and finishing, using blocks and straps.

DROP-IN CENTER - TUESDAYS - 9:00 a.m. - 11:00 a.m.

CHAIR YOGA - TUESDAYS - 9:30 a.m.

Stretch, twist and lengthen your bodies through a series of easy to follow repetitive movements. Most of the class occurs seated but there are some standing exercises using the chair as a prop and for our balance. The hour session ends in a relaxing Savasana.

LINE DANCING - TUESDAYS 9:30 a.m.

YOGA WITH TERRY - TUESDAYS - 11:30 a.m.

Yoga provides an opportunity to decrease stress and can lessen chronic pain while improving your overall health and wellbeing with increased strength, flexibility, balance and body awareness.

ZUMBA GOLD - WEDNESDAYS - 9:00 a.m.

Zumba makes exercise fun! Strengthen your heart, improve your balance, posture and range of motion while moving to the steps of the cha-cha, salsa and merengue.

YOGA WITH LISA - THURSDAYS - 9:30 a.m.

This yoga class teaches yoga postures as a way to develop "mindfulness in motion". Learn how using your Breath brings calmness to your everyday life.

ART/WATERCOLOR PAINTING - FRIDAYS - 8:30 a.m. - 10:30 a.m.

ZUMBA GOLD - FRIDAYS - 9:00 a.m.

KINGS IN THE CORNER SOCIAL CLUB - FRIDAYS - 9:00 a.m.

Bingo

Wed., Oct. 16th
11:00 a.m.

Keep Well Clinic

Wed., Oct. 16th
12:30 p.m.



Maynard Council on Aging Trips

COA OUTINGS

SCHEDULED SHOPPING TRIPS

STOP & SHOP Monday through Friday

SHAW'S Friday Only

One hour is allowed for shopping. Shoppers should call at least 2 days in advance to schedule their shopping times.

November 7 **MARKET BASKET**

Pick-ups start at 1:00
p.m. Van cost \$3.00.

October 17 **WALMART**

Pick-ups start at 1:00
p.m. Van cost \$3.00.

Contact CrossTown Connect to make a reservation for:

- Medical Appointments
- Grocery shopping at Shaw's and Stop n Shop
- And other types of shopping such as CVS, Kmart, Trader Joe's, etc.

Council On Aging Van

To schedule the van call CrossTown Connect: (978) 844-6809

The Council on Aging van runs from 7:00 a.m. to 3:00 p.m. and provides low cost transportation to local hospitals, doctors, dentists, health care providers, pharmacies, as well as banks, the post office and to the Senior Center on 50 Brown Street in Maynard.

Arrangements must be made one day in advance before 1:30 p.m. (it is best to call several days in advance). A donation of \$1 is requested each time you get on the van. Transportation to the COA is free! Anyone with weekly appointments (same time, same day) must arrange for a standing pickup. If you decide not to go you **MUST** notify the dispatch office.

Residents of Maynard, 60 years of age or older and handicapped persons of any age, may use the van. If the rider is handicapped in any way, please mention this when scheduling the pickup so any accommodations may be made in advance. Pickups may begin 15 minutes before the scheduled time to accommodate more than one passenger. The van will wait no longer than 5 minutes for a passenger to emerge at which time the driver will call the office to report the "no show" and leave for the next pickup. On very busy days the van can get behind schedule.

Transportation Resources

I'm Looking for Transportation: Transportation services are available across Massachusetts for seniors, people with disabilities, veterans, commuters, and others. www.mass.gov/im-looking-for-transportation

THE RIDE

Eligibility Center

(617) 337-2727, (617) 222-5123

TTY: (617) 222-5415

Wheelchair accessible rides and those with disabilities who qualify. mbta.com/accessibility/the-ride

Senior Charlie Card: People 65 and older are eligible for reduced MBTA fares with a Senior CharlieCard. These cards are valid for 8 years. www.mbta.com/fares/reduced/senior-charliecard

Maynard/Acton Commuter Shuttle: The shuttle runs between downtown Maynard and the South Acton Commuter Rail station. www.townofmaynard-ma.gov/shuttle/

The Friends of Maynard Seniors sponsored a Wound Care Clinic on August 29; it was well attended and very informative. The lecture was presented by Diana Philips Cuypers, RN, BSN, director of the Emerson Hospital Center for Advanced Wound Care, located at 54 Baker Avenue Extension in Concord.

Diana spoke on how to care for a wound at home and how to know when you should seek care at an emergency room or outpatient center. She talked about wound care management, what it means if a wound hasn't started to heal within two weeks, and the use of compression therapy to manage swelling. Diana and Cheryl, a wound care nurse, defined different types of bandages, the use of hyperbaric oxygen therapy, and different methods of debridement, adding to our wound knowledge and medical vocabulary. We also learned about skin substitutes and bioengineered tissue grafts. Who knew wounds could be so interesting?

A slide entitled "Do's and Don'ts of Wound Care" focused on best practices and wound care protocol:

DON'TS

Don't dry out the wound • Don't Pour hydrogen peroxide on the wound • Don't Soak it • Don't Ignore it.

DO'S

Keep the wound moist with petroleum jelly or Aquaphor.

Monitor for signs of infection, such as expanding redness, swelling, foul smelling drainage, and warm to touch.

The Friends of Maynard Seniors extends their sincere thanks to Emerson Hospital for providing this important presentation. Special thanks to Diana and Cheryl for sharing their extensive knowledge. The medical staff at the Center for Advanced Wound Care encourages all Maynard residents – not just seniors – to call the clinic at 978-287-8550 with specific questions about the care and treatment of a wound. When in doubt, always seek treatment before infection sets in.

Peg Brown | President, Friends of Maynard Seniors, Inc.



Diana and Cheryl



Example of Wound Types



Bandages



Attendees

Join Today or Renew Your Annual Dues!

FRIENDS OF MAYNARD SENIORS, Inc.*

We support programs and services for the Maynard Senior Center and are a 501(c)(3) charitable organization. Checks payable to:
Friends of Maynard Seniors, Inc., 195 Main Street, Maynard MA 01754

See us on Facebook!



\$15

ANNUAL DUES:

\$15 INDIVIDUAL

\$30 COUPLES

\$50 SUPPORTER

**\$75 BUSINESS or
CORPORATE**

Name _____

Address _____

Email _____

Phone _____

Additional Donation _____

☐ **New?** ☐ **Renewal?** **Date** _____



Community Dinners & Pantry

Join us for our Community Dinner at our 33 Main Street location in Maynard on Monday evenings, 5:00 to 7:00 p.m. Doors open at 5:00, dinner served at 6:00. Our Concord Community Dinner is at First Parish Church, 20 Lexington Road in Concord on Thursday evenings, 4:45 p.m. to 6:30 p.m. Doors open at 4:45, dinner is served at 5:30. All are welcome!

Pantry Hours:

Tuesdays, 3:00 to 6:30 p.m. • Thursdays, 3:00 to 6:30 p.m.

Pantry service is available for seniors only (55 years and older) on Tuesday afternoons (12:45 to 3:00) by appointment.

Pantry shopping is available by appointment; please contact us (info@opentable.org) for more information or to schedule an appointment.

Open Table Special Dinners

Every fourth Thursday of the month will see a specialty dinner at our First Parish Concord location. Check our Facebook page or website for details closer to each date.

Mt. Calvary Community Supper

Wednesdays, 5:00 – 6:00 p.m.

Mt. Calvary Church,
472 Mass Ave., Acton
(978) 263-5156

www.mtcalvaryacton.org
communitysupper.org



Free Community Dinner at First Parish Church in Stow (353 Great Road) - Guest Table holds monthly dinner first Friday of the month from 5:30 - 6:30 pm. Everyone welcome and there is no charge but donations are gratefully accepted. Doors open at 5pm. Email fpcguesttable@fpc-stow-acton.org or call 978-897-8149 for more information. Guest Table is made possible from grants from Stow Community Chest, Acton Boxborough United Way, and private donations.

Maynard Food Pantry

Serving Maynard since 1992

The purpose of the Maynard Food Pantry is to provide food assistance to any individual or family in need. The Maynard Food Pantry serves residents of Maynard, Acton, Stow and Sudbury. Maynard Shoppers are welcome to shop two times/month and out-of-town residents are welcome to shop one time monthly.

Hours of Operation: The Maynard Food Pantry is open Mondays from 10:00 a.m. to Noon. On some holidays that fall on Mondays, we will be open the next day.

Directions: 82 Main Street, Maynard, MA 01754 • 978-764-5279

Parking is on River Street (a one way street accessible from Main Street and across from Open Table). Look for the "Maynard Food Pantry Parking" sign.

FoodSource Hotline: 1-800-645-8333

Project Bread's FoodSource Hotline helps the most vulnerable populations in our state—elders, immigrants, and working poor families who struggle to gain access to SNAP because of stigma, confusion about eligibility, and difficulty navigating a complex application process.

WHAT IS THE FOODSOURCE HOTLINE?

The FoodSource Hotline connects people struggling to put food on the table with SNAP benefits and other food resources in their communities. The Hotline answers over 28,000 calls from food insecure families and individuals across Massachusetts each year. The multilingual staff, complemented by able translators, can assist callers in over 180 languages.

Our hotline counselors connect callers to emergency food resources in their area.

In addition to calling the hotline, people in need can also reach hotline counselors by instant message through www.gettingsnap.org.

FOODSOURCE HOTLINE SERVICES

- Screenings for SNAP/Food Stamp eligibility.
- Over-the-phone SNAP application assistance and follow up with applicants throughout the process.
- Referrals to community food programs.
- Informational resource for agencies who have specific SNAP regulation questions that are affecting their clients.
- General information to current SNAP recipients, applicants with pending applications, and those who are hesitant to apply.
- Referrals to other programs such as WIC, school meals, housing, and utility assistance.
- Information on the Healthy Incentive Program (HIP) and how to earn benefits.

FOODSOURCE HOTLINE HOURS

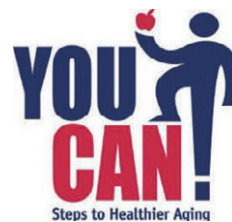
Monday - Friday: 8AM to 7PM

Saturday: 10AM to 2PM



You Can!

Compare Medicare and Pharmacy Benefits NOW!



- **Medicare Open Enrollment is October 15 - December 7.** New plan selections become effective January 1, 2020.
- All Medicare supplement or Medicare Advantage subscribers will receive an **Annual Notice of Change** from their current health plan provider; Review this information to learn of any changes in co-payments, premiums, covered services, and out of pocket costs that could affect your health coverage and your budget.
- Attend a free **Medicare Benefits presentation** offered at your local Council on Aging. Learn about changes to Medicare, what's covered, what's not, preventative services, accessing prescription drug benefits, obtaining affordable health coverage and exploring public health benefits. If you are homebound, transportation may be available.
- Free, unbiased and confidential telephone or in-person counseling by a state-certified SHINE counselor is also available.
- To find a Medicare Open Enrollment presentation or a SHINE counselor in your community visit: www.minutemansenior.org or call **Minuteman Senior Services** at 888.222.6171 and ask for SHINE.

Important Telephone Numbers / Websites

Medicare	800.633.4227	www.medicare.gov
Medicare Plan Finder (NEW!)		https://www.medicare.gov/find-a-plan/questions/home.aspx
Social Security	800.772.1213	www.socialsecurity.gov
Prescription Advantage:	800.243.4636	www.prescriptionadvantagemma.org
MassHealth	800.841.2900	www.mass.gov/masshealth
MCPHS Pharmacy Outreach	866.633.1617	www.mcphs.edu/pharmacyoutreach
Needy Meds	800.503.6897	www.NeedyMeds.org
Medicare Advocacy Project	800.323.3205	

SHINE is a State Health Insurance Program (SHIP), and a program of Minuteman Senior Services, offering free health insurance counseling for Medicare beneficiaries of all ages through a network of state certified staff and volunteers. SHINE is partially funded by the federal Administration for Community Living with local funding provided by Lahey Health, Cummings Foundation, Dana Home Foundation, Acton-Boxborough United Way, Concord-Carlisle Community Chest, Maynard Community Chest, Stow Community Chest and private donations.

This Healthy Living message is sponsored by:



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Energy Resources

SMOC (South Middlesex Opportunity Council)
300 Howard Street, Framingham, MA 01702
(508) 620-1230
smoc.org

Low Income Home Energy Assistance Program (LIHEAP)
(800) 632-8175
www.liheap.us/massachusetts-heap

Citizens Energy Heat Assistance (Joe4Oil)
(617) 338-6300
citizensenergy.com/assistance-programs

Good Neighbor Energy Fund (Salvation Army)
(800) 334-3047
magoodneighbor.org

Mass Save
(800) 632-8300
www.massave.com

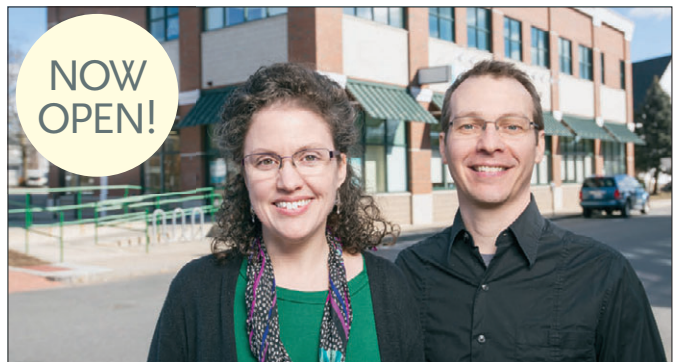
Discount Rates on Utilities

National Grid Low Income Electric Services
www9.nationalgridus.com/non_html/On_Demand_Electric_Initial%20v052209.pdf

National Grid Low Income Gas Services
www.nationalgridus.com/media/pdfs/billing-payments/cm4445_ma_gas_discount_rate_app.pdf

Eversource Discount Rate Application
www.eversource.com/nstar/CustomerCare/Residential/DiscountRate

Joe-4-Oil Citizens Energy Discount Program
citizensenergy.com/assistance-programs



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KEEP INFORMATION UP TO DATE !! Review At Least Every Six Months !	
MEDICAL DATA REVIEWED AS OF MO. YR.	
Name:	Sex: M F
Address:	
Doctor:	Phone #:
Preferred Hospital:	
EMERGENCY CONTACTS	
Name:	Phone #:
Address:	
Name:	Phone #:

Your latest medical information – including allergies, medications, contact persons and more – all in one safe place. Recognized and Endorsed by Hospitals, EMTs, COAs, TRIAD's, Municipal, Medical, Senior Citizen Organizations, Police, Sheriff's, and Fire Departments. Please contact the Council on Aging if you would like one mailed or stop by and pick one up!



REP. KATE HOGAN'S SENIOR NEWS

OCTOBER 2019

Here in Maynard, fall comes with some essential truths: the cider will be delicious, the leaves along the Assabet beautiful – and winter is just around the corner. In working with local seniors, I know first-hand that many of you are starting to think about the cost of heating your home this winter and how it will affect your bottom line. This time of year, it is important to me to highlight the heating assistance resources available to you at the local, regional, and state level. I have provided information below on what these programs do, who they help, and how to apply.

Low Income Home Energy Assistance Program (LIHEAP): With LIHEAP assisting some 180,000 residents in past years, the state's landmark fuel assistance

program reaches all of our communities. This past spring, I proudly joined my colleagues in the legislature in voting to expand funding for LIHEAP – an important step to keep our seniors warm and safe ahead of our notorious Massachusetts winter season.

How it works: Whether you rent or own your home, Massachusetts residents earning below 60 percent of the state median income are eligible for fuel assistance, which is paid as a fixed benefit directly to your heating provider. The benefit covers a wide range of primary heating sources, such as oil, electricity, natural gas, and propane, and includes assistance for residents whose heating costs are included in their rent.

Next steps: The South Middlesex Opportunity Council (SMOC) is in charge of administering LIHEAP benefits for Maynard residents. For first-time applications, you will need to apply in-person for the program, which you can do in town at the Maynard Council on Aging (COA) by appointment.

Weatherization: Weatherproofing your home against the elements can significantly reduce your energy costs, alongside boosting your comfort this winter. Through SMOC, you can apply for a no-cost energy audit, where weatherization experts will identify key ways to make your home more energy efficient and provide solutions – such as installing wall and pipe insulation and free digital thermostats. Also available to LIHEAP-eligible seniors is the Low Income Weatherization Assistance Program, which provides no-cost home services to make your home more energy efficient and keep the heat in.

Helpful contacts: Reach out to SMOC with any questions you may have about LIHEAP or weatherization resources at (508) 620-2318. To set up an appointment to begin your LIHEAP application with the Maynard COA, call (978) 897-1009.

The health and safety of my constituents is my top priority as your state representative. If you are at all concerned about paying your heating bill this winter, know that my office is here to help you navigate available resources and programs; call my Maynard office at (978) 897-1333 for assistance.

Hogan's Office Hours

Maynard Office Hours: Thursday, October 10th from 6 to 7 p.m. at the Maynard Public Library, 77 Nason Street, Maynard
Stow Office Hours: Tuesday, October 29th from 6 to 7 p.m. at the Randall Public Library, 19 Crescent Street, Stow

Proudly represents Bolton, Hudson, Maynard, and Stow
State House, Room 130, Boston, MA, 02133 / Phone 617-722-2130
District Office: Maynard Town Hall, 195 Main Street, Maynard, MA
District Office Hours: Mondays and Thursdays, 10AM-3PM
By appointment: Call 617-722-2130 or email Kate.Hogan@mahouse.gov

COMING SOON TO FINE ARTS THEATRE PLACE

COMING OCTOBER 4

JOKER

Starring Joaquin Phoenix & Robert De Niro

An original standalone origin story of the iconic villain not seen before on the big screen, it's a gritty character study of Arthur Fleck, a man disregarded by society, and a broader cautionary tale.

COMING OCTOBER 18

JOJO RABBIT

Starring Taiki Waititi & Scarlett Johansson

A young boy in Hitler's army finds out his mother is hiding a Jewish girl in their home.

COMING OCTOBER 11

ADDAMS FAMILY

Starring Finn Wolfhard & Charlize Theron

An animated version of Charles Addams' series of cartoons about a peculiar, ghoulish family.

COMING OCTOBER 18

MALEFICENT 2

Starring Angelina Jolie & Michelle Pfeiffer

Maleficent and her goddaughter Aurora begin to question the complex family ties that bind them as they are pulled in different directions by impending nuptials, unexpected allies, and dark new forces at play.

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\$7.00 per night or \$15 for Tues/Wed/Thur
\$10.00 for Friday Closing Ceremony

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